

**Deer Oaks EAP  
TAKE THE HIGH ROAD**

Fiesta, but make it **safe** and **fun**!

Our friends at Deer Oaks EAP have a program called "Take the High Road" that will reimburse you for an Uber, Lyft, or taxi ride home when you've had a few.

All you have to do is take a picture of your receipt with ride of no more than \$45.00 not including tip, and you have 60 days to submit it to Deer Oaks. If you call the Toll Free Hotline at 1-866-327-2400 they will guide you through your reimbursement.



## Virgin Pulse Program

**Q3 STARTS ON APRIL 1, 2022**

This is NOT a joke; Q3 starts on 04/01/22.

## Happy Earth Day!

**APRIL 22, 2022**

6 ways to celebrate Earth day

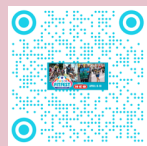
- Use a re-fillable water bottle
- Go car free and bike/walk to work
- Re-usable bags for groceries
- Use earth friendly cleaning products
- Plant a tree or flowers for bees, and insects
- Set up a trash pick-up event at your local park

## Fiesta but make it Different!

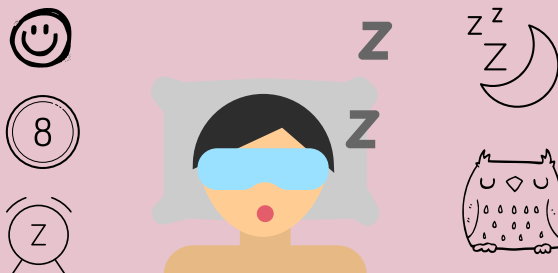
### FIESTA FITFEST

If you are looking for a way to celebrate Fiesta but fuse wellness into it, look no further!

San Antonio Sports is hosting a range of health events from running events with 5K or 10K distances to the Le Tape Biking Race with 25 mi, 60 mi, or 100 mi distances. There are events for everyone!



## Wellness Workshop SLEEP EIGHT FEEL GREAT

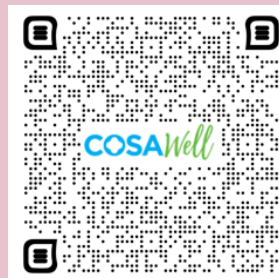


Over 50 million US adults report having sleep problems. It is estimated that people on average sleep about one and a half hours less than people did a century ago. Sleep deprivation has become one of the most pervasive health problems facing the nation. Feeling sleepy and groggy most of the time can interfere with daily activities, and continued lack of sleep has been linked to several health-related conditions such as obesity, high blood pressure, depression and decreased immune response. This educational class hosted by our BCBSTX health coaches offers helpful information on how much sleep is enough, the sleep/wake cycle, why we need sleep, and tips for getting better sleep.



Wednesday  
April 13  
1-2 pm

**SIGN UP TODAY!**



## Healthy Recipe 'SKINNY DIP' QUESO



### INGREDIENTS

- 2 tbsp salted butter
- 1 tbsp Old El Paso Sliced Jalapenos diced
- 2 whole roma tomatoes diced, divided
- 2 tbsp flour
- 2 cups unsweetened coconut milk
- 1/2 ounce Taco Seasoning
- 8 ounces mexican blend cheese shredded
- 1/4 cup fresh cilantro finely chopped
- 1/2 cup plain Greek yogurt
- tortilla chips for serving



### DIRECTIONS

1. Heat butter in medium saucepan until melted. Add in the diced jalapeno & allow to cook for 1-2 mins.
2. Toss in half the diced tomato and let cook for approx. 1 min. Stir in flour, stirring so that everything is coated & combined.
3. Quickly after adding the flour, whisk in coconut milk. Pour it in slowly, whisk constantly until fully added. Bring to a boil and then reduce to a simmer. Add in the taco seasoning and stir. Continue to whisk off and on for 6-7 minutes or until thickened to your liking.
4. Increase heat back to medium and stir in the cheese one cup at a time (8 ounces is approximately 2 cups cheese), whisking until smooth in between batches. Stir in the fresh cilantro.
5. Turn off the heat and fold in the greek yogurt. It should melt quickly and fully combine.
6. Serve with chips, garnished with more chopped cilantro and the remaining diced tomatoes. ENJOY!